



Murphy Steaks



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef tenderloin steaks
- ☐ 1 bulb garlic separated peeled
- ☐ 4 servings ground pepper black to taste
- ☐ 4 servings salt to taste

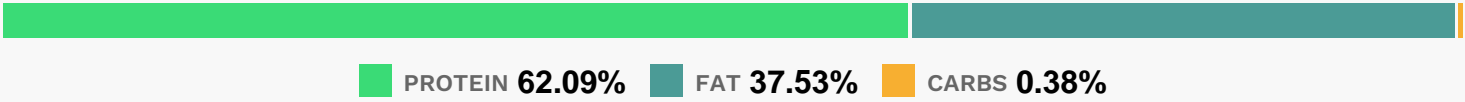
Equipment

- ☐ knife
- ☐ grill

Directions

- ☐ Separate garlic bulb into cloves, and peel.
- ☐ Cut into lengthwise strips.
- ☐ Using a sharp knife, punch holes into steak. Stuff holes with garlic strips. Cover, and refrigerate for at least 4 hours.
- ☐ Preheat grill for hot heat.
- ☐ Lightly oil grate.
- ☐ Place stuffed steaks on hot grill, garlic side up. Cook for 4 to 5 minutes, turn, and season with salt and pepper. Continue cooking until done, another 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:22.417826256431%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 13.46g (20.7%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.01g (0.01%), Cholesterol: 145.15mg (48.38%), Sodium: 318.68mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.09g (100.18%), Selenium: 69.28µg (98.98%), Vitamin B3: 14.54mg (72.7%), Vitamin B6: 1.42mg (71.01%), Zinc: 9.01mg (60.09%), Phosphorus: 475.31mg (47.53%), Vitamin B12: 2.11µg (35.15%), Potassium: 807.23mg (23.06%), Iron: 3.65mg (20.29%), Vitamin B2: 0.27mg (15.8%), Vitamin B5: 1.48mg (14.76%), Magnesium: 52.53mg (13.13%), Vitamin B1: 0.17mg (11.3%), Copper: 0.18mg (8.8%), Folate: 29.52µg (7.38%), Calcium: 51.82mg (5.18%), Vitamin E: 0.7mg (4.7%), Vitamin K: 2.9µg (2.76%), Manganese: 0.05mg (2.54%)